

Improve your Goal Kicking from a set shot

Line up, your kicking spot to the centre of goal or a spot behind the goals

Pick a spot, on the ground to kick from.

Run in straight, we all have a tendency to deviate in the last couple of strides believing we will generate more power in our kick by swinging out wide. Wrong. Slight lean forward, Run STRAIGHT

Keeping Eyes on kicking spot, your natural talent will guide the ball properly on your foot.

Toe to Target follow thru with your foot, your foot should be pointing to the target
Click Here.

